

SELF-DISCOVERY OF BODY IMAGES: SAMPLE ASSESSMENT

The following items are adapted from Dr. Thomas Cash's *Body-Image Therapy: A Program for Self-Directed Change*. Complete the two sections below and turn to page 160 to interpret your scores.

The Body Areas Satisfaction Scale

Indicate your dissatisfaction or satisfaction with each listed physical area or aspect.

1	2	3	4	5
Very Dissatisfied	Mostly Dissatisfied	Neither Satisfied nor Dissatisfied	Mostly Satisfied	Very Satisfied

- 1. Face (facial features, complexion)
- 2. Hair (color, thickness, texture)
- 3. Lower torso (buttocks, hips, thighs, legs)
- 4. Mid torso (waist, stomach)
- 5. Upper torso (chest or breasts, shoulders, arms)
- 6. Muscle tone
- 7. Weight
- 8. Height
- 9. Overall appearance
- TOTAL SCORE (Sum of Ratings)

The Situational Inventory of Body-Image Distress

A number of situations are listed below. How often do you have *negative feelings about your appearance* in each situation? There may be situations listed that you have not been in or that you avoid. For these situations, simply indicate how often you believe that you

would experience negative feelings about your appearance *if you* were in the situation.

0	1	2	3	4
Never	Sometimes	Moderately Often	Often	Always or Almost Always

- 1. At social gatherings where I know few people.
- 2. When I look at myself in the mirror.
- 3. When I am with attractive persons.
- 4. When someone looks at parts of my appearance that I dislike.
- 5. When I try on new clothes at the store.
- 6. When I am exercising.
- 7. After I have eaten a full meal.
- 8. When I am wearing certain revealing clothes.
- 9. When I get on the scale to weigh.
- 10. When I think someone has ignored or rejected me.
- 11. When anticipating or having sexual relations.
- 12. When I'm already in a bad mood about something else.
- 13. When I think about how I looked earlier in my life.
- 14. When I see myself in a photograph or videotape.
- 15. When I think I've gained some weight.
- 16. When I think about what I wish I looked like.
- 17. When I recall any kidding or unkind things people have said about my appearance.
- 18. When I'm with people who are talking about appearance, weight or dieting.
- TOTAL SCORE (Sum of Ratings)

HOW TO SCORE AND INTERPRET THE SELF-DISCOVERY

After you have completed the Self-Discovery of Body Images: Sample Assessment on page 158, use the following guide to help you interpret your scores. The two sections listed below correspond to the two sections on the Sample Assessment.

The Body Areas Satisfaction Scale

Sum your ratings for all nine items. Your total score should fall somewhere between 9 and 45. Locate your score and its interpretation (depending on your sex) below.

Female	Male	Interpretation
35-45	36-45	Your satisfaction with many aspects of your appearance places you in the top 20-25 percent of peers of your sex. Congratulations!
26-34	30-35	Your level of body-image satisfaction is similar to most of your peers. This average level means that there are some areas of your body that you should appreciate more.
9-25	9-29	Your discontent with your looks exceeds about 75 percent of your peers. You really need to learn to like more aspects of your appearance.

The Situational Inventory of Body-Image Distress

Sum your ratings for all 18 items. Your total score should fall somewhere between 0 and 72. Locate your score and its interpretation (depending on your sex) below.

Female	Male	Interpretation
0-20	0-11	Your experience of negative body-image emotions is relatively infrequent and seldom interferes with your life. At least 75 percent of persons your sex have more body-image distress than you do.
21-36	12-23	Your body-image distress is somewhat frequent, yet is comparable to most of your peers. Sometimes it adversely affects your feelings about yourself. A little improvement would be worthwhile.
37-50	24-36	Your negative body-image emotions occur more often than most of your peers. Distress erupts and disrupts many situations, and it undermines the quality of your life and your self-esteem. Help yourself by improving your body image.
51-72	37-72	Body-image distress is clearly a pervasive problem in your daily life, more troublesome for you than for about 90 percent of your peers. Improving your body image should definitely be a goal!